

AMENDMENTS TO SPECIFICATION

This replacement paragraph will replace all prior versions of the Abstract of the application:

~~The~~ A sports practicing device (~~10~~) having a ball (~~12~~) with loops of a resilient material (~~14~~) connected in a secure manner. The loops of resilient material can be readily manufactured from known materials that are pliable to an extent yet hard wearing. ~~The~~ An elastic cord (~~16~~) passes through the loop of resilient material (~~14~~) so that the ball (~~12~~) is located approximately half way along the length of elastic cord (~~16~~) at position (~~18~~).